



**ADUVIE INTERNATIONAL SCHOOL, 08089394474**

**Year 5 Home Economics Worksheet**

**Instruction:** Type the alphabet with the correct option in the boxes provided

1. The following are common styles of serving food except
  - A. Tray service
  - B. Family service
  - C. Buffet service
  - D. Sink service
2. The following are Nigerian local dishes except
  - A. Sharwama
  - B. Edika ikong
  - C. Amala and ewedu
  - D. Fufu and ofe Oha
3. A list of the dishes to be served in a meal called a
  - A. Recipe
  - B. Menu
  - C. Prescription
  - D. Report
4. The meal eaten in between breakfast and lunch is
  - A. Brunnel
  - B. Lunch
  - C. Supper
  - D. Brunch
5. The major meals of the day include the following EXCEPT
  - A. Brunch

- B. Breakfast
- C. Lunch
- D. Dinner

6. Wasteful spending means spending

- A. Necessarily
- B. Unnecessarily
- C. Happily
- D. Respectfully

7. \_\_\_\_\_ service is when food is served on the dining table on each person's plate and passed from one person to another.

- A. Family
- B. Plate
- C. Buffet
- D. Tray

8. The planning of how to spend money is \_\_\_\_\_

- A. Listing
- B. Padding
- C. Stock taking
- D. Budgeting

9. \_\_\_\_\_ service is when food and drinks are served on individual trays.

- A. Tray
- B. Family
- C. Buffet
- D. Plate

10. The following are basic needs EXCEPT \_\_\_\_\_

- A. Partying
- B. Clothing
- C. Housing

D. Food

11. Which of these is not a reason for food preservation?
  - A. To prevent spoilage
  - B. To slow down spoilage
  - C. To increase income
  - D. To make food fit for consumption
  
12. The following are containers for storing basic food items in the house EXCEPT
  - A. Bottle
  - B. Buckets
  - C. Suitcase
  - D. Resealable bags
  
13. Preservation by freezing requires \_\_\_\_\_ the food items
  - A. Cooling
  - B. Dehydrating
  - C. Drying
  - D. Heating
  
14. Which of these is not a change that typically occurs during puberty?
  - A. Spiritual
  - B. Physical
  - C. Emotional
  - D. Psychological
  
15. Pick out the odd one out
  - A. Increase in height
  - B. Mood swings
  - C. Increased hair growth
  - D. Changes in voice
  
16. Pick the odd one out
  - A. Voice deepens
  - B. Nocturnal emission occurs
  - C. Increased shoulders
  - D. Broader hips
  
17. Pick the odd one out

- A. Ovaries produce egg cells
- B. Menstruation occurs
- C. Hips grow broader
- D. Testes produce sperm cells

18. All of these are psychological changes that happen during puberty except

- A. caring more about your appearance
- B. wanting more independence from parents
- C. growth of pubic hair stronger
- D. feelings of wanting to be liked and fit in

19. Three physical puberty changes that happen only to boys are

- A. hair growth, growing taller, voice changes
- B. facial hair growth, nocturnal emission, deeper voice
- C. oily skin, underarm hair growth, start menstruating
- D. hips get wider, menstruation, larger breasts

20. Who experiences voice changes, pimples/acne and mood swings during puberty?

- A. Only girls
- B. Only boys
- C. Boys and girls
- D. No one

Answer TRUE or FALSE to the following

- 21. Puberty happens to every boy and girl at the same time
- 22. Puberty is optional. Not everyone must pass through it.
- 23. Personal hygiene is very necessary during puberty.
- 24. Only girls develop reproductive organs during puberty.
- 25. Boys and girls tend to act more independently during puberty.